

★ THE MASSEUR ★

American
Association



Masseurs
Masseuses

OFFICIAL BULLETIN

MARCH APRIL 1956

DECATUR, ILLINOIS

Association's Year Book and Registry Published Second Succesive Year

The year book and registry has been mailed out to the membership. If by the time you read this notice you haven't received your copy, notify the National Secretary, Arthur D. Melson, 813 W. Jefferson St., Joliet, Illinois.

There have been some new members added to the Ass'n since the first of the year, whose names will not be shown. Also several members were delinquent with their dues and were dropped, but have since paid up. They will receive a copy, but their names were left out. I hope they will understand because when something is published you must establish a deadline some place.

—Editor

I AM THE WAY, THE TRUTH AND THE LIFE. JOHN 14-6

To every man there openeth
A way that he may go,
And the High Soul climbs the
High Way,
And the Low Soul gropes the Low,
And in between, on the misty
flats

The rest drift to and fro,
But to every man there openeth
A High Way and a Low,
And every man decideth
The way his soul shall go.

LEGISLATURE

This article appeared in the Atlanta Constitution February 9, 1956—

House

Massage Treatment—(Wheeler of Seminole, Cowart of Calhoun, Baughman of Early)

No. 541—To prohibit the practice of massage, manipulation or adjusting in the treatment of human ills. (Hygiene and Sanitation)

D. S. Carlson says that it should be a warning to our members to be on the alert for such vicious legislation which could legislate them out of business before they were aware of what was taking place.

REMINDER

Members of the AAMM, the Wisconsin chapter wants you to get your copy in for the ads that will be printed in the souvenir Convention Program Book — a form has been mailed to you.

Send copy to Mrs. M. S. Randall—

1725 North Prospect
Milwaukee, Wis.
on or before May 1, 1956.

YOUR HEALTH

Most of us are born with bodies that possess normal organs, which so long as they function properly give us no concern. It is only when normal function is disturbed that we become sick. In order for our body to be healthy it must be supplied with three essentials; it must first have life force flowing to all parts through free nerves; it must secondly have proper nutrients from which the body (receiving nerve force) can build good tissue; it must thirdly receive the best oxygenated air (which includes environment) that it is possible to obtain. The practice of Massage embraces the first and foremost essential, that of life flowing through free nerves to all organs and cells of the body. This is the foremost essential because even poorer nutrition will be converted to body use if there be vital nerve force in proper quantity and quality reaching the organs through the nervous system, and even in places where the air is poorest there are many who are well because their proper distribution of nerve force enables them to cope with an otherwise unsatisfactory environment.

MASSAGE
HISTORY
1956
1957
1958
1959
1960-1964
1965-1969

THE MASSEUR

Bimonthly publication of the
American Association of Masseurs
and Masseuses.

Published in Decatur, Illinois
DR. CHAS. W. BROOKS, Editor



D. S. CARLSON,
Pres. A.A.M.M.

MAN VERSES GOD

When man quits fighting God
When man quits trying to deceive
God

When man quits trying to imi-
tate God

When man quits trying to play
God, and accepts God as his
provider and counsular, he
will have health, peace and
prosperity.

In God we live and breathe and
have our being. Jesus said "I came
that you might have life and have
it more abundantly." If we can
accept God and Jesus as one and
the same. Then we should accept
his gifts, just as they are. Not
often we have destroyed all the
life giving elements they contain-
ed.

Ninety nine percent of all the
food we consume has been treated,
sprayed or processed in some way.

It is disgusting to try to follow
the line of thinking of educated
learned professional men when
they are trying to sell the public
on one of their ideas, such as this

vaccine or that inoculation and
other promotions such as the flur-
idation of a city's water service.
Only God or nature can put the
natural elements in water and
foods that we need.

The difference between organic
and inorganic matter is the same
as the difference between natural
elements and synthetic, or as what
nature has provided for the physi-
cal body to use and what the
chemist and laboratory technician
cooks up as a substitute. Man is
like the soil, the soil can only re-
produce according to the natural
elements it contains. Man can only
represent the degree of health in
his body according to the blood
stream he keeps perfected.

The magic of print. It seems
like whenever you read something
that has been printed, we accept
it for the truth. So looking at the
labels on some of the foods we see
printed there, where it has been
pasteurized, devitalized, enriched,
preserved and bleached, we natu-
rally accept all of this being done
for our benefit. Which of course
isn't so. All this processing was
done for the producer, manufac-
turer, and distributors benefit.
Just ask your self why. What are
they protecting it from. All the
little bugs, weevils, mice, and oth-
er types of insects. They have to
eat in order to live just the same
as we do. But they don't have the
education and lack the ability to
read those labels, so naturally they
are missing out on all this pro-
cessed enriched food. They remain
the same little healthy insect and
rodents they were because they
refuse to eat the treated food.
While we, the race of man indulge
in all the processed prepared foods
and suffer from malnutrition. It
seems strange that we should live
in a land of plenty eating to our
hearts content and die of heart
diseases way before our time.

Accumulated toxins are the
actual cause of death. Mal condi-
tions of the body are the result
of insufficient elimination of tox-
ins from the system. These toxins

are waste materials which are not
eliminated sufficiently to allow
the body to give an expression of
health. The intake of toxic laden
foods which is greater than the
systems eliminative process natu-
rally cause these toxins to accumu-
late. To name a few of the many
causes let us view the following
facts: Thousands and thousands
of people in our country are crip-
pled physiologically, psychologic-
ally and physically from over eat-
ing, over working, liquor, tobacco,
worrying and over drugging. They
are over stimulated and as a re-
sult, countless thousands are suf-
fering from Arthritis, Neuritis,
Rheumatism, Kidney disease, poor
circulation, high and low blood
pressure, stomach and colon dis-
orders and other conditions too
numerous to mention.

The average person when they
get sick, is to seek allopathic ad-
vice. The allopath armed with nee-
dle and knife immediately goes to
work either polluting the blood
stream with additional toxic form-
ing anti-bodies or removing a per-
fectly good organ, which with the
proper natural treatment could
have been very easily restored to
its natural function.

LETTERS TO THE EDITOR

Boise, Idaho

February 10, 1956

Dear Dr. Brooks:

Was sorry to hear of your great
loss in your father's death which
Mr. Hatch reported in the Wash-
ington News and I want you to
know that you have my sympathy
and prayers.

I would like to suggest that the
price of ads be put in each issue
of the "Masseur" as we will be
getting new members all the time
and they will want to avail them-
selves of the service.

Enclosed is \$2.00 for an ad for
myself and my card to copy from.

Will you please send me two
extra copies of Masseur this
month and each issue hereafter.

I would like to thank the follow-
ing through the Masseur for

their splendid response to my call for help on the Editorial Committee: Milford Bakke of North Dakota, Mrs. Celia F. Rowland of Kansas, Blanford Jones, of Pennsylvania, and Mrs. Howell of Illinois, Mr. Hatch and Mr. Niedfelt of Washington. We would certainly like to hear from some of the other states. Your **THOUGHT, SUGGESTION, or ARTICLE MAY BE THE ONE WE NEED TO MAKE THAT NEXT STEP FORWARD. GIVE YOUR BEST.**

If we publicize the ones who are putting out effort perhaps it will nudge some of the dormant ones into action.

That's all.

Mary Babbitt.

—O—

American Ass'n of Masseurs and Masseuses

Dr. Chas. W. Brooks

We have been in business 42 years and lend our services not only to Des Moines but the whole State of Iowa.

The most interesting story we have for you is, about a couple of Iowa farmers who happened in one day. They saw the sign Turkish Bath and Massage Parlor. One wanted to know if we put a Turkey in the tub when he took his bath before the massage.

That is a glaring example of the number of people who don't know what we have to offer.

Sincerely yours,

Van B. Thompson.

Beaumont, Calif.

February 2, 1956

To members of the A.A.M.M. in California, Arizona and Texas and other states without a chapter.

I have been in California about eight months and have been contacting quite a number of practitioners of massage. The result of such an observation have been summed up in the following conclusions.

The massage profession in the southwest is hanging in a balance, as to if it will weather the storm it is facing, or if it may collapse.

It is a real fact that unless we wake up to the fact that its either to advance or to recede. And no one would like to see one of the most highly specialized professions fade into oblivion without a fight. There are many good operators in the southwest, but there are also a great many not so good ones. And the good ones are generally doing well. And as a result, the profession as a whole is suffering.

I have been trying to introduce the merits of cooperation, and must say that it has been very trying but also rewarding.

In some cases I have had the door slammed and told to come some other time. At other places I would have to talk thru about two inches of door openings. And at other places I would have to talk thru the windows. Then again it has been a pleasure to meet some very nice and good operators who will be an asset to our organization.

We have contacted quite a number by letters. But out of about a hundred letters sent out we may expect a reply from about three. So you see it is a big job.

Now I feel that the members of these states can really be of a great help. And if you are going to have a chapter before the next convention we must all hit the ball and get some more members. So in this manner I make a special appeal that every member take some time off and make the A.A.M.M. known in your territory and also get some members.

And if you can possibly get a group together for a meeting I will in that way be able to come and explain matters and to help get a local committee going so as to get the main spots interested.

So this is to be considered an S.O.S. call for a special effort of all members to get someone else signed up.

But I would also call your attention to the fact that California has some strict laws in regards to the healing profession and this

state is also noted for its many quacks and no doubt many unqualified pros and cons will try to get membership in this organization. So I would warn everyone that not everyone that has a shingle, is qualified to become a member. It behooves us therefore to screen every prospect to see if their standard will meet with our requirements. So let me hear from all of you telling me what success.

Sincerely,

Theodore Norby,
1406 E. 6th St.,
Beaumont, Calif.



Ann B. White, R.P.T.
National Ethics Chairman

PROFESSIONAL ETHICS AND LEGAL ASPECTS

MASSEURS, MASSEUSES, & PHYSICAL-THERAPISTS as well as other professional groups stand in what might be called a position of trust and confidence with reference to information which they have acquired in attending a patient in a professional capacity. Generally speaking, they may not disclose such information without permission (or what is referred to as a waiver) on the part of the patient. This is a general rule which has been recognized for a long time.

ETHICS DEFINED. The science which deals with moral conduct or

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human duty, in so far as these are concerned with good or bad, right or wrong. The meaning of the word includes customs and habits. (in any type of treatment, no unnecessary exposing of the body at any time.)

FOUNDATION PRINCIPLES.

Assume the existence in every individual of a human ideal, more or less clearly perceived, and the consciousness of an obligation to maintain right and just standards of moral conduct.

SERVICE. Service to our fellow-beings is the most important. He is the reason for our existence. His welfare and his conduct are and should be given first consideration.

INDIVIDUAL RESPONSIBILITY. Individuals are valued largely according to their ability to carry responsibility. This feeling of responsibility for faithful doing of his or her own tasks and also for faithfulness to the larger interests of the profession is something a person should try to cultivate from the beginning.

LOYALTY. Loyalty to the profession on the part of the therapist, is one of its most valuable assets. Loyalty means that one who is loyal will refrain from fault-finding or criticism except where criticism is made to those in a position to remedy it. Also, we must not forget the most important—loyalty to our association and its officers.

MASSEURS, MASSEUSES & THERAPISTS. The study of psychology has within the past few years been given a very definite place in the profession. It deals "with the thoughts and feelings of human beings, and seeks to explain the facts of intellect, character, and personal life." Such a study should have as its first and most important result a better understanding of oneself, our failings, and natural tendencies that are likely to prove a handicap to the profession. Most people, even the best, will find in some qualities of heart and mind there is much

to be desired, though in other ways they may be perfect.

WHAT ARE YOUR FAULTS OR VIRTUES?

1. Fair in judgment.
2. Tollerant.
3. Courteous.
4. Honest.
5. Tactful.
6. Conscientious.
7. Petty.
8. Charitable.
9. Kind.
10. Dependable.
11. Accurate.
12. Loyal.
13. Respect for others rights.
14. Realistic.
15. Jealous.
16. Egotistic.
17. Unkind.
18. Oversensitive.

Few people realize that learning how to perform our duties is the smallest part of the process, that discipline, the development of right character, a right attitude of mind, and habits of life, is the most difficult in the making of a good Masseur, Masseuse and therapists.

The fundamental responsibility is conserve life and promote health.

ETHICS COMMITTEE

Blossom C. Guntley

Mildren Hanson

John A. Murray

Greta Schnieder

A.B.W.

Respectfully submitted,

THAT INERT QUALITY

I read on Page 2 January issue the item "Suggestions Please." While it would be impossible for me to answer such a letter, I do believe I could say something about that "Inert Quality" . . . I have written this about a year ago, so Mr. Stinson, President of the Kansas Chapter can feel that I am at least being kind to him.

When you read something in the Masseur, it is good to go back over it again and again. It is something you can hardly read

anywhere else. Our Masseur should stir you with pride to know that you are the one that is making it possible that the small voice of conscience, and of encouragement to a sick and woefully discouraged world has an expression in you—Therefore it would be wise if you who made this paper possible, and made our A.A.M.M. possible would take the objectives to heart that we jointly are striving to accomplish and make every effort to push them ahead and all-together succeed.

It seems however, that some of our members accept our organization and read our paper as spectators, or onlookers—who expect to get a lot of entertainment out of reading it. To these people who think in these terms we want to say we are not putting out the Masseur just to entertain. This paper is something entirely different. It belongs to you, it is your product. It is the very expression of your desire in life.

This A.A.M.M. and the Masseur is your program. We do not have the money to put on something spectacular, and this program is not put out to be spectacular. It is put out to help put money in your jeans, and put courage in your heart, and put the science of healing in your brain and in your hands.

We, all of us, must be participants. All of us as one person must strive to make the objectives of our Organization succeed—and these objectives are set forth as clearly as it is possible for us to do so in our Masseur, and other papers. In fact you, the members, really help make these objectives.

Let' us no longer overlook our opportunities to be useful, but put our programs in our Masseur and get our program from our Masseur . . . and GO TO TOWN! There is something for each member to do—Read it in your Masseur . . . Write your officers for explanations if you don't understand. But let's stop being Spectators. Let's take part in our pro-

fessional affairs. All the time—Every day a little. Let none of us be Coat-tail Riders. Let's do things! The A.A.M.M. is not a RACKET, as Mr. Stimson infers, but an honorable group of people that are trying to do their part to promote a profession to aid the health of the people and the Nation. Give us a hand! Don't balk!

Milton A. Neidfelt

SUCCESS

Success is speaking words of praise,
In cheering other people's ways,
In doing just the best you can,
With every task and every plan,
It's silence when your speech would hurt,
Politeness when your neighbor's curt,
It's deafness when the scandal flows,
And sympathy with other's woes,
It's loyalty when duty calls,
It's courage when disaster falls,
It's patience when the hours are long,
It's found in laughter and in song,
It's in the silent time of prayer,
In happiness and in despair,
In all of life and nothing less,
We find the thing we call "SUCCESS."

SLENDERIZING SALON FOR SALE

In good location near downtown in Phoenix, Arizona.

Six massage tables, two Steam Cabinets, one Infra Red Lamp, one ultra violet lamp. Six Oster Vibrators, two tubs and showers. Living quarters in the salon and laundry equipment for clinic. Rent is \$125.00 per month, plus utilities. Neon sign and plenty of parking space.

Anyone interested write, Dorothy MacDonald, 300 E. Camelback, Phoenix, Arizona.

I want to take this opportunity to say that working conditions for Masseurs and Masseuses are ex-

cellent in Phoenix. We have a fine clientele which consists of men and women. The climate in Phoenix is ideal and there are many people coming here from all parts suffering from Arthritis, Rheumatism and Asthma that get considerable relief. We work along with the doctors here and they are very co-operative, while in most places they are not.

I would not hesitate to recommend anyone in this field to come to Phoenix as the opportunities are unlimited.

Sincerely yours,
Dorothy MacDonald

MASSAGE

The "Swedish movement cure" was introduced into Sweden, in 1813, by Peter Henrik Ling, and was revived in 1860, by Mezger of Amsterdam, but the movement which they practiced and taught were not original. Their fundamental principles were the same as those described in Chinese writings three thousand years earlier; the same as those used by the Brahmins of India by the Egyptian priest, by Hippocrates, Galen, Rufus of Ephesus, and other physicians of ancient Rome and Greece, and by Hoffman and other noted physicians of the Middle Ages.

To be an expert masseuse or masseuses requires a thorough knowledge of anatomy, and constant practice, to know the position of the bones, the origin and insertion of the principal muscles, and the location of the larger arteries, veins, and nerves, and their function.

Medical gymnastics, known variously as "Swedish movements," "movement cure," etc. is "a systematic exercise of the muscles, and other tissues of the body for therapeutic purposes."

Some authors make a distinction between Swedish movements and massage including under the latter the five primary passive movements. Other class all movements, both active and passive,

under the heading of "medical gymnastics," thus:

Medical Gymnastics

Passive Movements—

1. Effleurage, or stroking
2. Petrissage, or kneading
3. Friction, or rubbing
4. Tapotements, or percussion
5. Pressure . . . Massage.

These Movements May Be Either Active or Passive

6. Vibration
7. Circumduction
8. Rotation
9. Flexion
10. Extension . . . Swedish Movements.

Active Movements Are Either

1. Assistive
2. Single or
3. Resistive . . . Swedish Movements.

Massage and its effects will be sent to you for our next issue.

Mrs Celia F. Rowland.

LIMITATIONS OF MATTER

An important factor in maintaining health is in recognizing that Nature must be given an opportunity to heal. Tap a piece of glass lightly with a hammer and it will not crack—hit it harder and it flies into a hundred pieces. All matter has a breaking point—it can withstand just so much force without breaking down. So it is with the human body—its component parts can take so much abuse and no more. That is what we mean by the "limitation of matter." The body can go so many days without food—fewer days without water. It can withstand a certain length of time without sleep. Balance these factors, normally with massage.

RISE AND SHINE

The man who wakes up and finds himself famous hasn't been asleep. Anon.

When you feel you are broke, try making a list of your price-less possessions.

MASSAGE HISTORY
JANUARY 1935
JANUARY 1935
JANUARY 1935
JANUARY 1935

Physiotherapists, Masseurs and Masseuses 10 Commandments 'TO OUR PROFESSION'

- OUR PATIENTS**—Are definitely, the most important persons, to our Profession.
- OUR PATIENTS**—Are dependent on us, as we are dependent on them.
- OUR PATIENTS**—Are not an interruption of our Profession, they are the purpose of it.
- OUR PATIENTS**—Do us a favor when they call, and we strive to do them a favor, to the best of our ability and Profession.
- OUR PATIENTS**—Are definitely, a part of our business, not just an outsider.
- OUR PATIENTS**—Are flesh and blood human beings, with feelings and emotions like our own, and we strive to treat them as such.
- OUR PATIENTS**—Art not someone to argue with or match wits with.
- OUR PATIENTS**—Are persons who bring to us, their ailments and disabilities, and we strive to bring about relief and cure, at the least amount of expense.
- OUR PATIENTS**—Are deserving of the most courteous and attentive Physical Therapy and Massage treatments our Profession can give.
- OUR PATIENTS**—Are the life blood of our Profession, and like the other Arts of Healing, without your faith and co-operation, we can do you no good, nor can anyone else, including "The Good Lord."

Howard C. Watson, Ph.T.
1461 Park Avenue
Muskegon, Michigan.

FROM CALIFORNIA

To the Editor:

I wish to suggest as a new member in the A.A.M.M., never has the demand for instant and proper co-operation reached a higher peak.

No use kidding ourselves, eyes and ears are seeking technicalities to disrupt us.

I believe in necessary investigation, however, let's get our Legislation, let it become a National state-approved law, so that we can operate safely and frankly.

I consider the Masseurs and Masseuses now operating under their own selves should we say, were under the pressure of any type of investigation, are foolish.

I speak as one who has had this experience.

My Instructor was telling me of this wonderful organization—at once I began to consider its standards, then sat down, dropped a letter to the Hon. Mr. D. S. Carlson to get the facts.

Come on, let's get busy. Count on my support—the pleasure will be mine to help.

Harvey F. Schuler,
2146 Spencer Ave.,
Oroville, Calif.

FROM IDAHO

The Idaho Chapter of A.A.M.M. met at the home of Mrs. Minnie Keim. Due to bad weather we missed those who live so far away. Boise and Nampa members were all there.

After a very enjoyable dinner we had a short business meeting. A committee was selected to work on a bill to present at the next legislature.

An interesting discussion was held about unusual cases we had had.

The meeting adjourned about 10 o'clock. All enjoyed the evening and want to thank Mrs. Keim for letting us into her home.

Elva Sutton, Sec.,
Idaho Chapter, A.A.M.M.

FROM INDIANA

To the Editor:

Here it is deadline date—so just a word.

In our Chapter for '56 the emphasis is on membership. We are holding our meetings in different sections, and inviting prospective members. After getting them in a meeting we are endeavoring to give them something, that will carry over in their work.

Our meetings start at 10 a.m.—with demonstrations of technique at 12:30. Our host and hostess have pre-arranged for a dinner and fellowship, at a good eating place. We each pay for our meal. The rest of our meeting, which is business and program is carried on in the room in which our dinner was served.

We are planning on attending the tri-state meeting in Chicago, March 18.

Hope to see you there.

Helen Lewandowski.

FROM IOWA

Iowa, like the proverbial turtle, is a bit slow, but still in the race.

Our last meeting was held at Waterloo, November 13, 1955, with three members present, in the home of Mae Hudson.

A short business meeting was held, followed by round table discussion on proper Professional manner of meeting and greeting our patrons, demonstrations was given by each of us, on techniques used in our offices, we all felt it was an afternoon well spent.

Iowa members are very scattered, which necessitates driving from two to three hundred miles in one day for some of us, no matter where the meeting is called, it was decided not to have any get-togethers until near spring.

Over the past several months I have been asked, what do you call the people that come to your shoppe? Are they Patients, Patrons, or Clients? It seems to me someone with the proper authority should clarify this point for us all.

I cannot go along with Mr. F. A. Stinson of Kansas, on the matter of sleeve emblems and stamps. I feel we should pay for them, and be proud to wear them on our uniforms and office coats. They identify us and our profession, for who and what we are. We need the good publicity we can get.

We extend to Mira McGreevie,

of Charles City, Iowa our deepest sympathy in her sorrow. She recently lost her mother and brother within six weeks of each other.

As always Mae and Don came thru with a fine luncheon. They are the perfect host and hostess.

Floy Brownlee just had time to catch her train back to Davenport.

Sincerely yours,

Ella E. Blodgett,

President of Iowa Chapter

ILLEGAL MEDICAL PRACTICE THRIVES HERE

By Hollis Limprecht

I had my "stomach trouble" corrected recently—twice in fact.

Once it was by a practitioner of reflexology and the other time by a "doctor of naturopathy," who was also a graduate of Drugless Therapy."

Neither has a license to practice medicine in Nebraska.

The Nebraska Medical Practices Act forbids anybody without a license from diagnosing or treating a physical or mental ailment.

Yet both men assured me my trouble was not serious. I would soon feel better.

Unauthorized medical practice has become a big business in Omaha. So much so that John Henry, executive director of the Better Business Bureau recently declared:

"Omaha appears to have become a haven for pseudo-doctors who claim a cure for everything from cancer to polio by massaging the feet."

That is "scientific massage," also known as reflexology. Naturopathy, on the other hand, claims to cure just as many ailments the "natural way" by "toning up the nerves and supplementing the diet."

One of the "doctors" was a gentle soul whose "treatment" was relaxing. It consisted mainly of massaging the back with a vibrator—and a bottle of vitamin pills.

The other one hurt like the dickens. His compression massage consisted mostly of severe digs and pinches of my tender feet.

Once he poked me in the groin and asked if it hurt. It sure did, for two days.

Operating on the fringes of legal medicine can be a lucrative business.

One of the "doctors" said he averages about 20 patients a day at \$3 each. The other charged \$7.50 a call. His business wasn't so good because he was under a court order and had just changed locations.

The followers of these men swear by them. At one time more than four hundred persons wrote letters and signed petitions urging Governor Anderson to intercede on his behalf.

For the purposes of investigating their activities, I decided to seek aid for "stomach trouble," a more-or-less occupational hazard of newspaper men.

What is so bad about these phony-degree doctors? Here is the statement of Dr. Edmond M. Walsh, president of the Omaha-Douglas County Medical Society:

"In many cases they delay the proper diagnosis of real ills until the person's life is in danger or perhaps until a costly operation is necessary."

York, Nebr.

2-20-56

American Assn. M. & M.

Decatur, Ill.

Dear Editor:

The inclosed article was published in the Omaha World Herald, today. I am surprised that such an article was printed, as the Herald has never been a radical paper, and always careful to rise above slander. This writer's ignorance is refreshing, as his statements show.

It would do no good for individuals to write, or even attempt to correct his thinking. Some attorney or one in authority should answer him in behalf of the pro-

fession, he seems to tie up Massage with every base practise. Perhaps he has reference to the ones using reflexology alone, but to my knowledge it is a false statement that any one of even these, call themselves "doctor."

True we are stirred up over legislation in Nebraska, but the Medical Board in Lincoln, said if I had any trouble with anyone, to come to them, for as long as Nebraska did not ask us to take State Board, we could practise unmolested. In my own case it has been true, and Doctors send patients, and I have a wonderful practise. But such articles as this could soon tear down all that has been gained. I use the various treatments, and concentrated foods, and so far nothing has been said and I believe that either the article is slanderous, or people are hiding other healing arts, calling them Massage.

Thanking you kindly for the Masseur, and wishing you the best of luck, I remain

Yours in the Cause

Mrs. P. R. McAllister, R.M.

317 College Ave.

York, Nebr.

Editors note:

There is just one thing missing in the above article by Limprecht. He doesn't say how many medical practitioners he tried before he tried reflexology for relief. Maybe the reflexologist didn't help him, and I will bet he didn't make him any worse either.

999 CAUSES

The naming of the 1,000th cause of death has been postponed until 1961 by the World Health Organization. Delegates from 24 member countries could not find a single enemy of the human body which was not already catalogued in its list of 999 diseases and causes of death. The last revision took place in 1948.

Winter sports are characterized by settings of snow, ice and bones.

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What Is Neded In Order To Get Good Massage Laws Passed

The first good Independent Physical Therapy Law has been passed in California and I have been asked to write and tell how it was accomplished in order that other States with similar problems might receive some ideas that they could use in securing equitable massage and physical therapy laws.

At the beginning we were told by the Legislators that they would not license masseurs and masseuses because of the moral situation of some of the places throughout the State of California and that it would be impossible to police all studios from a State standpoint and that local authorities are not always co-operative.

We were told that if we would work up a good Physical Therapy Bill that the Legislature would give it consideration.

This meant re-organizing our association and excluding those people who only practiced massage and for six years we educated masseurs by special classes, demonstrations, articles and techniques in Physical Therapy. We campaigned for active members who were sincere in wanting Legal protection and Professional standing.

We went before the Legislature in Sacramento and found that we did not have enough friends or money to get a Law and the Medical Profession were adamant in holding that only Physical Therapists from approved schools were eligible.

We went to work to raise money and two years later hired a good lobbyist, a good attorney, prepared a good bill and got the support of some key physicians and successfully passed both houses.

We had to make many compromises to do this and I will tell of some of them. We had to agree to license under the professional code of the Board of Medical Examin-

ers, but we were given an examining committee composed of physical therapists and one medical doctor who was not a member of the Examining Board of the California Medical Association. These persons were appointed by the Governor from a list submitted by our Association. We were given all the rights of the grandfathers clause, which allowed all active physical therapists a license without examination. We were denied the right to diagnose as a safety factor to protect the Public until the time that we were qualified to diagnose. We were given the right to treat by means of physical therapy without the need of a prescription or order. Education 1 and school requirements were set up, as well as Laws to govern the conduct of licensed physical therapists within our State.

The Governor pocket vetoed it and we had it all to go through with two years later at which time with certain amendments the Bill was again passed and is now Law.

Masseurs and Masseuses are exempt under this Law and we are now working to get them licensed but are meeting with very little co-operation from the operators here in the State and from other pressure groups.

Now here is what is needed to get this kind of Legislation. Members. We went before the Legislators with an organization numbering over 500 in California, and urged Legislation for the almost 2000 who did not belong to our organization.

Money: We went before the Legislature well financed. We spent in the neighborhood of \$50,000.00 to get this Law and feel that we got a terrific bargain.

An Attorney: We had the good fortune to get an attorney who was interested in physical therapy and one who knew his way around when it comes to politics.

The right men to introduce our Bill: We went to the ones with power and affluence so that they

could push the bill through.

A good Lobbyist: We found someone with a reputation of getting bills passed and then paid him for it.

A good active membership: When our bills came up letters and wires poured in from all our members and clients asking for support.

Last but not least, we told the truth at all times and in this way we secured the assistance of many key physicians in the State who went to bat for us and beat down our biggest opposition.

We wanted complete independence from all other branches of the healing arts, but The California Medical Board has taken us under their wing and have been more than protective, they have been very generous and outright helpful.

My advice to any Chapter of the A.A.M.M. is that they incorporate some physical therapy in their proposed bills. Get a strong membership with plenty of money and do not feel hostile to other healing groups, they all can help you if you show them that you are out to protect the welfare of the people and to put up safeguards to prevent, uneducated, unmoral and unscrupulous practice.

Geo. P. Gammons, L.P.T.
771 3rd St.,
San Bernadino, Calif.

GOOD QUESTION!

A few evenings ago, in a traffic snarl, one of the inevitable horn-tooters began blasting his horn.

A man in a car alongside looked over and politely inquired, "What else did you get for Christmas,"

MOMENTS

When you're young you do a lot of wishful thinking, but as you grow older you do a lot of thoughtful wishing.

Wealthy people miss one of life's greatest thrills—paying the last installment.

THE THERAPEUTIC BATH

By

Dr. George W. Stoller,
Ft. Wayne, Ind.

The Therapeutic Bath produces its results through the heat of the water, aided in some instances by stimulation produced by a jet such as a needle shower. Baths at skin temperature (about 93 degrees F.) are relaxing and sedative; those hotter or colder are stimulating. Baths may be given by either partial or complete submersion in water, or in the form of wet packs. The hot bath stimulates, relieves pain, particularly of cramps, controls convulsion, and induces sleep. Quickening the pulse and respiration, it also increases perspiration thereby relieving the kidneys of part of their work. Hot packs are also helpful in muscular disorders, particularly in poliomyelitis.

The cold bath is helpful in reducing high fever and limiting inflammation. To persons in good health, the cold bath is a tonic, stimulating the appetite and improving the blood circulation and nerve action.

When any substance intended to effect or assist in the care of disease is added to the bath medium, the bath is called medicated. Soap, bath salts, and simular detergents are not usually considered medicines, yet such baths are of great value in the treatment of skin disorders. Comfort and cooling effects are given by alcohol sponge baths, also useful in the prevention of bed sores. A hot bath with mustard is the traditional remedy for infant convulsions and alkaline baths have been used extensively in the treatment of rheumatic conditions. Medicated vapors, both natural and artificial, have long been used in steam baths. At many spas the saline vapors are received in closed rooms in which the patient can walk about, exposing the skin and lungs to the beneficial effects of the vapors. Steam cabinets are also used to give vapor baths. These

enclose the body from the neck down. In some of these baths where different essential minerals are used in the steam, the patient may also inhale the beneficial vapors by removing the enclosure and letting the vapors come up in the region of the face and at the same time the body being engulfed in these vapors can assimilate the vapors. These are also beneficial in the treatment of rheumatism, colds, sinus and other such disorders. The bath is usually followed by a brief rest to allow the body temperature to return to normal, then the attendant gives a very stimulating massage by manipulating the skin, either by hand or with the aid of a vibrator. Mud baths, found near hot springs in many parts of the world, have also been found useful in the treatment of chronic rheumatism.

Professional Dignity And Prestige

I was recently a witness in a court trial where the State's Attorney repeatedly referred to "massage establishments" as "Massage parlors." His use of that term was clearly intended to imply a questionable place of business.

That prompted me to write this article. There is nothing wrong with the word "parlor." It has no connotation of evil or wrong, and it is still widely used in this country to designate places of business such as beauty parlors, dental parlors, etc. It is not accurately used, and therefore, lends itself to an implied wrong more easily than some signs or business names.

I don't know how the other professions feel about the use of the word "parlor," but as far as our profession is concerned, the term definitely belongs in limbo. The word literally means a place for receiving guests, a place of gaiety, and entertainment, rather than a place where the professional service is rendered.

It is understandable that if

some of our members have been successfully operating a business designated as a Swedish Massage parlor, they might be reluctant to change its name. However, I feel that a business place fronted with a sign such as—

"Health Baths and Scientific Massage Therapy"

or

"Health Service — Scientific Massage"

and displaying the emblem on the window showing they are members of the A.A.M.M. would be much more desirable. Such a sign would lend dignity and prestige and inspire public confidence by its accurate statement of fact designating the place as an office of Health Service with no possible inference of it being a place of questionable entertainment.

Lowell Spanle, P.H.T.,
Vice-President of the
Indiana Chapter of A.A.M.M.

YOUR OWN STORY

Has anybody told you that every thought you think

Makes lines just like the little lines you write with pen and ink?

And thoughts of anger, fear, or hate will spoil the prettiest face
By making ugly little lines which nothing can erase

But thoughts of love and kindness, and joyousness and cheer
Make very pretty little lines, all fine and firm and clear.

And by and by your face becomes an open story book

Which every one can see and read each time they chance to look.
So if you want your face to tell a story sweet and fair,

You must see that only good thoughts do any writing there.

—Author unknown

To some the rule of gold is more important than the golden rule.

The optimist is often as wrong as the pessimist—but he has a lot more fun.

MESSAGE HISTORY

THE THERAPEUTIC BATH

READ ALLIC SPIDIN

WHY I AM A MASSEUR

This is the reason. In the year 1948 whilst pastoring at Sioux City, Iowa the idea of becoming a Swedish Massage Operator or Technician dawned upon me very vividly. Here's how it all happened. That year backaches, pains, strained, tired and aching muscles were mine to endure. These gradually became rather excruciating and severely painful at times. And oh, the agony!

Home remedies of various sorts were tried all to no avail. Members and friends in my congregation recommended first the one remedy and then the other, etc., but as in the case of home remedies, nothing doing, i.e., no relief. As the days went by I became an incapacitated man.

At this stage I needed help, medical help if you please. Kind sympathizing friends told me about a doctor in town good at such ailments as mine. Immediately I went to him. I was a suffering individual then. After his diagnosis he frankly informed me that he could not do much for me. He recommended massage and sent me to a local massage establishment. He assured me I would get help there. And so it happened.

Early next morning I was at this massage establishment. My case was presented to the manager and owner, he, himself a masseur. Right away he went to work on me. Hot baths, steam baths, hot applications along with massage manipulations with their penetrating and soothing effect soon had me on my feet once more. Truly it was not long after those treatments that I was in a position to resume pastoring, feeling wonderfully fit.

Ever since I have accepted massage as a boon. And indeed it is such. Because of what massage has done for me I decided to take up studies therein with the hope of helping suffering people wherever and whenever possible. Today I am a graduate masseur doing my bit in that field.

Of course, the ministry is my chief calling. Massage is my avocation. I can only now render part time service. Perhaps, some day when I retire from the ministry I might devote full time service. It is a wonderful field.

Fellow workers, in this field of endeavor, allow me here and now to encourage one and all in this most worthy and helpful profession. Let no one deter our path in this field of labor. As we practice may we ever be mindful of our pledge and the principles and standard of our great organization, viz., the A.A.M.M.

E. A. Henry
Columbia, Mo.

HOW A BILL BECOMES A LAW

The most important step in obtaining legislation is to have your proposed bill properly drawn by a competent attorney who is well-qualified through experience in both the political and legislative field. This cannot be over-emphasized, since it is imperative that the bill be clearly and concisely drawn and as understandable as possible. It is also important that it be determined whether or not it conflicts with any present laws, decisions of our courts, or the Constitution. When you have your bill drafted in proper form with proper "Be It Enacted Clause," it is often well to check with your State Attorney General's office and also the Legislative Research Committee. An Assistant in the Attorney General's office is often willing to go over the matter with you and give you of his time, particularly before the Legislature meets, because when the Legislature is in session, both the Attorney General's office and the Legislative Research Committee are extremely busy. The Legislative Research Committee is a sort of interim legislature which operates during the two years between sessions and is composed of leaders of all the major political

parties and meets from time to time to discuss various problems. It has a full time director who is paid full time to study various legislative proposals of public interest and conduct research in various fields, as directed by the members of the legislature, and report back to the full session when it meets again. If you can possibly get the active "blessing" of the Legislative Research Committee, it goes a long way when the session starts, since their recommendations, one way or the other, have great weight with the full membership of the House and Senate.

The next step is to get your prepared bill introduced into either the House or the Senate, and you then choose which body you want it introduced in largely upon the grounds of the attitude of the members of either body and where you have the most friends for your particular measure. Except many bill for appropriations, it ordinarily does not make much difference which body you have the bill introduced in. The determination of this is largely political and where your friends and enemies are. You attempt to get as many prominent members to go on your bill and let their names be placed on it when it is introduced, since that carries weight with the other members, and since a person has his name in the bill, he naturally feels more interested in it and he feels at least morally bound to help you get it passed. If you cannot get any member to get his name on as a sponsor of the bill, you will be able to get a member to introduce the bill "by request," and in this manner they show to the world that they are not sponsors of the bill and are merely introducing it by request only. It is extremely important to try to get the sponsors of your bills from all the various political factions in the state—in other words, try to get a prominent member of the Republican, R.O.C., an Independent, and a Democrat, if at all pos-

sible. When the bill is dropped into the hopper, it is given a number and is thereafter known as S.B. or H.B. No. so-and-so. The bill comes up for the first reading by the presiding officer, which is the speaker in the House and the Lieutenant Governor in the Senate, and the title is at least read and then it is referred by him to the proper committee for study and hearing. As you perhaps know, the real work in the Legislature is done in and by the committees, and it is tremendously important to contact the members of the committee to which your bill is referred and to be present at the time your bill comes up for open hearing. You then should have all interested persons there to explain the law, of the need for the law, and meet any criticisms and suggestions that will arise. These hearings are ordinarily held in the morning or the evening, since the bodies go into full dress session ordinarily around noon, and it is tremendously important what recommendations the committee makes, since ordinarily the full membership of the House or Senate follow their committee recommendations, although they can overrule them and have done so on occasions. Letter writing and personal contact with the key members of the committee are very important, and I am frank to state that I have found merely telephone calls of small advantage, since the members get a lot of telephone calls, and in fact sometimes being called off the floor to answer the telephone when they want to stay and do their work irritates some of them and hurts, rather than helps, the cause. The committee after hearing, makes its report to the full body and recommends that the bill does pass, be killed, or no recommendation one way or the other. They also suggest amendments to the bill which can be voted on by the body as well. We then have the vote on the adoption of the committee report, and we

will assume that the committee reports it does pass and the body places it upon the calendar for final passage and when it comes to roll call vote on the final passage, we will say it does pass this body. The bill then goes over to the other body and is referred to the corresponding committee, and again we have hearings, report or the committee, and vote by the entire body. If the other body amends the law in some respect, it returns it to the first body and often there are conference committees appointed consisting of members of both the House and Senate, and they iron out disputes that might arise between the respective bodies and finally come up with a bill satisfactory to both the House and Senate, and then it is returned to both bodies and passed by roll call vote. The bill then goes to the governor for his signature or his veto.

We have roughly two types of measures, one being an emergency measure that becomes effective when the Governor signs it and becomes law at once, or an ordinary bill which becomes effective ordinarily on July 1st after the session has adjourned. Emergency measures which are effective immediately ordinarily take a two-thirds vote.

This is a rough summary of the trip of a bill from its drafting to its becoming a law, and it is not intended to be a complete dissertation on the subject, but I feel it will be of assistance to this organization in the understanding how a thought becomes reality under our Democratic form of Government.

Mr. Leonard Neels,
Wahpeton, N. D.
Samuel G. Dahlgren,
Fargo, N. Dakota.

The reason why the average girl would rather have beauty than brains is that the average man can see better than he can think.

EASTER?

WOMEN'S HATS

by J. L. Hatch

I've learned a lot of answers
And my hair is now quite gray,
But one thing now is puzzling me
for fair:

And what I'd like to know is this
Answer any time of day
Do women know what hats they
ought to wear?

Why do they wear a hat at all,
Or know the style they need,
Or when to wear a big broad
brown or tan.
Do they wear them for protection
To designate a creed
Or is it part of showing off to
man?

There are tall hats and flat ones;
gray, blue, black, white, green or
red.

Every one looks stunning on mi-
lady,

The little hats with pointed
crowns

Tipped one side on her head,
The broad brimmed hats, so very
cool and shady.

A thousand other styles there are
And I'm puzzled, I'll confess
Tho' hats don't make the women
they adorn

They sometimes add a lot in looks.
So it's all right I guess
To have some hats around, not
badly worn.

Now take a tip from me, good
friends,

You who are puzzled too—
And 'tho you have no inkling of
the style,

When you'd let her know you love
her

And would her love renew.

New hats have got all other meth-
ods beat a mile.

SACRO-ILIAC SPRAIN

Symptoms:—the patient feels a sudden "catch" followed by exquisite sharp pain localized to the site of one of the sacro-iliac joints. For the moment the victim doesn't dare move, breathe, cough, or sneeze. The pain slowly abates and

MRS. J. L. HATCH
HISTORY
SACRO-ILIAC
SPRAIN

movement, though uncomfortable, becomes possible, the patient shuffling his feet, listing, the back held rigid. He has difficulty sitting down, getting up, lying down, turning over in bed, cannot lace his shoes nor put on his pants. When asked to localize the pain, he points to the sacro-iliac joint. You may use the following confirming tests:—

a. Lasague sign—patient supine, both limbs fully extended. Flexing of the limb on the trunk (knee straight) will be sharply limited on the side of the sprained sacro-iliac.

b. Bending of trunk forward is limited, patient keeping whole of spine rigid and bending from hips.

c. On bending sideward, the back muscles of the affected side remain in rigid spasm.

d. Palpation of the affected joint causes pain and tenderness on pressure and often a sense of irregularity as compared with the normal side.

e. There may be a history of previous attacks.

Osteopaths claim that in these cases there is definite luxation (partial dislocation) of the sacro-iliac joint, varying in degree. X-rays fail to confirm this uniformly, but the fact remains that manipulative treatment is indispensable in sacro-iliac sprains. Everything else may offer slight and slow relief. Manipulations dramatically bring instant and complete relief.

Treatment:—Bake the lower back with therapeutic lamp for about twenty minutes to relax spastic muscles. Use the manipulations described on page 289. Placing hand under crest of ilium and bringing leg out and down. Patient lying on back! They may bring immediate and permanent relief, especially in the early cases. After the manipulation, apply more heat (moderate intensity for 30 minutes), followed by gentle rubbing in of hot-stuff analgesic. Next support the lower back with a corseting adhesive

strapping incorporating a thick pad of felt over the affected sacro-iliac. Avoid sleeping on saggy beds, place mattress on floor or use boards under mattress on bed. Repeat whole routine of treatment, daily, until complete relief is obtained. Keep patient going. Strengthening of the muscles of the back with appropriate exercises will lessen recurrences. Those susceptible to sacro-iliac sprains should wear a corseting belt.

Respectfully Submitted by
Dr. Irwin L. Peterson

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